

QA47 – Milk and Soy Allergy

QUESTION:

I have had two toddlers, both 13 months with allergies to wheat, egg, dairy, soy and all nuts. The parents have started the children on rice milk, but that is so low in protein and zinc. Since toddlers do not tend to eat much meat, what is suggested to ensure these kids get their protein and other nutrient needs met?

Answer:

Kids who are allergic to both soy and milk are sometimes prescribed Neocate or Neocate One Plus infant formulas that have no milk or soy protein in them. Elecare is a soy base milk- free formula that may also be used. Most of the time, toddlers are pretty opinionated about taste and don't like them, but they can be mixed into other things like cereal.

Toddlers need approximately 1.2 grams protein per kg. per day, which can be met by some combination protein sources as well. (A 15 kg. child requires 18 grams protein per day.) Any child who has multiple food allergies needs a child's multivitamin supplement daily.

References:

- 1) Clinical Experience, Seattle Children's Hospital and Regional Medical Center.
- 2) National Research Council. Recommended dietary allowances, 10th ed. Washington DC: National Academy Press. 1989.